

ANNOUNCEMENT | MARCH 2024



ALIGN HEALTH AND SPORTING COLUMBUS PARTNER FOR WELLNESS, PERFORMANCE & RECOVERY

COLUMBUS, OH MARCH 15, 2024 — ALIGN HEALTH, A COLUMBUS-BASED COLLABORATIVE MIND-BODY WELLNESS PROVIDER, IS EXCITED TO ANNOUNCE ITS STRATEGIC PARTNERSHIP WITH SPORTING COLUMBUS, A LEADING ORGANIZATION COMMITTED TO DEVELOPING HIGH-LEVEL PLAYERS. THIS COLLABORATION AIMS TO PROVIDE PLAYERS AND AFFILIATED FAMILIES WITH A CONTINUUM OF HEALTH, WELLNESS & LIFESTYLE SOLUTIONS. IT'S A MODEL UNLIKE ANY OTHER!

ABOUT ALIGN HEALTH:

FOUNDED BY JAMIE COBURN VAN HORN, ALIGN HEALTH EMBODIES OVER A DECADE OF INTEGRATIVE HEALTH AND WELLNESS SERVICES. EMERGING FROM HER CLINICAL PRACTICE OF OCCUPATIONAL THERAPY, JAMIE'S PERSONAL JOURNEY OF CHALLENGES PROPELLED HER TO ESTABLISH A WHOLE HEALTH APPROACH THAT ENCOMPASSES PHYSICAL, MENTAL & NUTRITIONAL WELLNESS, SLEEP HEALTH & SOCIAL-EMOTIONAL WELL-BEING. ALIGN HEALTH'S MISSION IS TO ALIGN THOSE THEY SERVE WITH A COMMUNITY OF HEALTH WELLNESS EXPERTS, UNIFIED IN THE PURSUIT OF INTEGRATIVE HEALTH AND LIFESTYLE MANAGEMENT.

ABOUT SPORTING COLUMBUS:

SPORTING COLUMBUS AIMS TO STAND AS A LEADER IN YOUTH SPORTS. AN INTEGRAL PART OF PLAYER DEVELOPMENT BOTH ON AND OFF THE FIELD. BY FOSTERING PLAYER GROWTH AND SPORTSMANSHIP, SPORTING COLUMBUS CHAMPIONS A HEALTHY LIFESTYLE AND PASSION FOR SPORTS AMONG PLAYERS OF VARYING SKILL LEVELS AND BACKGROUNDS ACROSS THE COLUMBUS AREA.



A WHOLE HEALTH APPROACH TO ATHLETIC DEVELOPMENT & RECOVERY

THE PARTNERSHIP OF ALIGN HEALTH & SPORTING COLUMBUS WILL OFFER PLAYERS AN EXPERT APPROACH TO PLAYER DEVELOPMENT & RECOVERY. BOTH ORGANIZATIONS - LED BY A TEAM OF HIGHLY EXPERIENCED COACHES, THERAPISTS & TRAINERS - PLAYERS WILL BECOME BETTER ATHLETES AS WELL AS BETTER STEWARDS OF HEALTH & WELLNESS! THIS COLLABORATION INCLUDES:

- **ON-SITE COVERAGE FOR ECNL REGIONAL LEAGUE MATCHES:** ALIGN HEALTH OFFERS ON-SITE MEDICAL TRIAGE FOR ECNL REGIONAL LEAGUE MATCHES ENSURING ATHLETES' IMMEDIATE HEALTH NEEDS ARE MET WITH A RETURN TO SPORT APPROACH.
- **PREVENTATIVE AND RECOVERY SERVICES:** ALIGN HEALTH'S EXPERT TEAM PROVIDES PROACTIVE CARE AND REHABILITATION FOR PEAK PERFORMANCE AND RECOVERY.
- **OFF-SEASON PERFORMANCE TRAINING SUPPORT:** IN JANUARY, ALIGN HEALTH INTRODUCED AN 8-WEEK PROGRAM FOCUSED ON SPEED, AGILITY, AND FLEXIBILITY. THE FEEDBACK WAS AMAZING AS EACH PLAYER WAS EMPOWERED TO ELEVATE THEIR PERFORMANCE DURING THE OFF-SEASON.

FROM ORTHOPEDIC PHYSICAL THERAPY, WOMEN'S HEALTH, SPORTS RECOVERY TO HOLISTIC WELLNESS & LIFESTYLE SERVICES, ALIGN HEALTH PRESENTS A COMPREHENSIVE CONTINUUM ALIGNED TO NURTURE HEALTH, WELLNESS & LIFESTYLE MANAGEMENT.

- PHYSICAL THERAPY, COVERING PHYSICAL DYSFUNCTION - WHOLE BODY, FUNCTIONAL MOVEMENT, ASTYM, MYOFASCIAL CUPPING, DRY NEEDLING, KINESIOTAPING, AND MORE.
- HEALTH & WELLNESS COACHING
- SOCIAL-EMOTIONAL WELL-BEING SERVICES
- NUTRITION THERAPY/DIETITIAN
- IV THERAPY & VITAMIN INJECTIONS
- MASSAGE THERAPY

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EXTENSION OF SERVICES TO AFFILIATED FAMILIES:

FAMILIES AND ATHLETES ALIGNED WITH SPORTING COLUMBUS ARE ENCOURAGED TO LEVERAGE ALIGN HEALTH'S SERVICES, CONVENIENTLY AVAILABLE ACROSS MULTIPLE CENTRAL OHIO LOCATIONS.

A NOTE OF THANKS:

"THIS COLLABORATION WITH SPORTING COLUMBUS SIGNIFIES A THRILLING CHAPTER FOR US, OUR HOLISTIC APPROACH TO MIND-BODY WELLNESS PERFECTLY COMPLEMENTS SPORTING COLUMBUS' COMMITMENT TO NURTURING ATHLETES' PERFORMANCE AND OVERALL WELL-BEING. WE ANTICIPATE A PROFOUND IMPACT ON THE LIVES OF THESE YOUNG ATHLETES AND THEIR FAMILIES." - JAMIE COBURN VAN HORN, FOUNDER OF ALIGN HEALTH.

THROUGH APRIL 2024, WE ARE EXTENDING PREFERRED PRICING TO THE SPORTING COLUMBUS COMMUNITY.

ALIGNWITHUS!

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